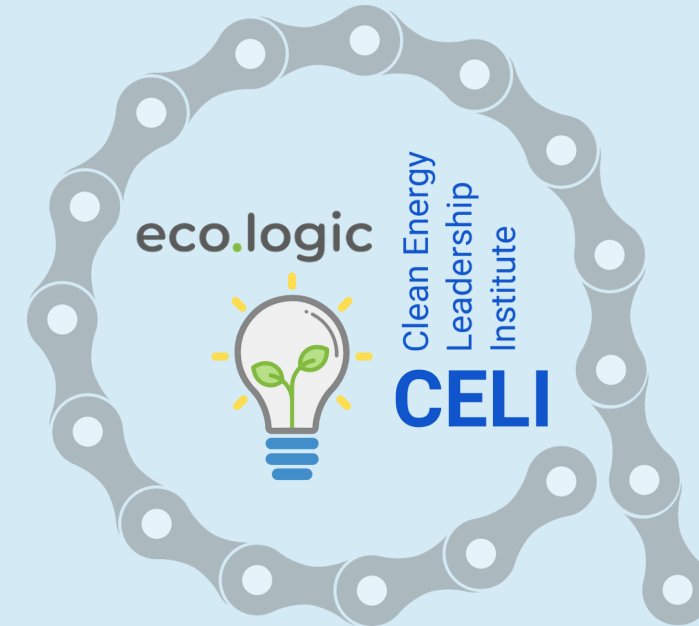


GREEN FONDO CLIMATE RIDE

MAY 17-19
2024

TRAIN WITH THE CELI TEAM!

PICCOLO RIDE



1 DAY 1: 30MIN RIDE
DAY 2: REST
DAY 3: CROSS TRAIN
DAY 4: REST

DAY 5: 30MIN RIDE
DAY 6: REST
DAY 7: CROSS TRAIN

3 DAY 1: 45MIN RIDE
DAY 2: REST
DAY 3: CROSS TRAIN
DAY 4: REST

DAY 5: 45MIN RIDE
DAY 6: REST
DAY 7: 15 MILE RIDE

2 DAY 1: 45MIN RIDE
DAY 2: REST
DAY 3: CROSS TRAIN
DAY 4: REST

DAY 5: 45MIN RIDE
DAY 6: REST
DAY 7: CROSS TRAIN

4 DAY 1: 45MIN RIDE
DAY 2: REST
DAY 3: CROSS TRAIN
DAY 4: REST

DAY 5: 45MIN RIDE
DAY 6: REST
DAY 7: 20 MILE RIDE

* Short rides can be done on a stationary bike. Pace should be moderate to high exertion. Think: pace that you can sustain and carry on a conversation. Cross Train Days can vary. Options include jog, walk, run, swim, yoga, strength training, etc.

5 DAY 1: 45MIN RIDE
DAY 2: REST
DAY 3: CROSS TRAIN
DAY 4: REST

DAY 5: 45MIN RIDE
DAY 6: REST
DAY 7: 30 MILE RIDE

7 DAY 1: 45MIN RIDE
DAY 2: REST
DAY 3: CROSS TRAIN
DAY 4: REST

DAY 5: CROSS TRAIN
DAY 6: 20 MILE RIDE
DAY 7: 30 MILE RIDE

6 DAY 1: 45MIN RIDE
DAY 2: REST
DAY 3: CROSS TRAIN
DAY 4: REST

DAY 5: CROSS TRAIN
DAY 6: 15 MILE RIDE
DAY 7: 30 MILE RIDE

8 DAY 1: 45MIN RIDE
DAY 2: REST
DAY 3: CROSS TRAIN
DAY 4: REST

DAY 5: 45MIN RIDE
DAY 6: REST
DAY 7: 20 MILE RIDE

